

COUPLE FIGHTS
WHY YOU HAVE THE
SAME ONE EVERY TIME

HOME HAIR COLOR
HOW TO GET SALON
RESULTS. SAFELY

**MAKE OVER YOUR
MEDICINE CABINET**
THE BEST NATURAL CURES

DRY SKIN FIXES
INGREDIENTS THAT
SOOTHE AND HEAL

whole living

body + soul in balance



THE CHANGE ISSUE

A FRESH START

**MAKE THIS THE YEAR YOU DETOX YOUR LIFE, CONQUER FEAR,
TAKE CHARGE OF YOUR HEALTH**



For smoothies

Whole living body+soul ..

SERIALS



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FEBRUARY 2011
DISPLAY THROUGH FEBRUARY 14

wholeliving.com

action plan



Stay on Track

In January you'll get the year off to a healthy start with our 28-day challenge (p. 73). Going forward, renew your motivation with small daily goals at wholeliving.com/action-plan

TUESDAY

1

LIGHT YOUR NIGHT

We can't think of anything cozier than the glow of candlelight in winter. For every candle you light this evening, take a calming breath and think of one thing you're thankful for. | 2 3 4 5 6 7 |



TUESDAY

8

LOOK CLOSELY at something you haven't seen in a while—the frost crystals on your windowpane, the hue of the tea in your mug, or the swoop of your partner's eyelashes.

| 9 10 |



MONDAY

14

SPREAD THE LOVE

It's Valentine's Day: Be kind to everyone you encounter. (Whether they deserve it or not.) | 15 16 17 18 19 |

FRIDAY

11 TREAT COLD FEET

Sprinkle some cayenne pepper inside your socks. This folk remedy may help warm your toes by increasing blood flow. Just don't get any in your eyes! | 12 13 |



SUNDAY

20

WASH UP RIGHT

In medical school, Brian Becker, M.D., was taught that

"it's harder to catch a cold from kissing a sick person than from shaking his hand and then rubbing your eyes or nose." So when you wash up, use soap and rub vigorously for at least 20 seconds. | 21 |

TUESDAY

22

KEEP YOUR BONES STRONG

Of the 10 million Americans with fragile bones, 80 percent are women. Studies in the U.K. suggest that weight-bearing exercises, like step-ups, improve bone density. Squeeze a few in: Stand in front of a step bench or staircase; step up with your right foot, then with your left. Step down in the same order. Do 8 to 12 reps. | 23 24 25 26 27 |



MONDAY

28

TAKE A CLEANER SHOWER

Vinyl or PVC shower curtains emit hormone-disrupting phthalates. For an easy upgrade, choose organic cotton. Or try hemp or responsibly harvested bamboo, which wick away moisture and have more antimicrobial properties. Plus, they're easy to keep clean because they're mildew-resistant.





FEATURES

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4 WEEKS TO YOUR BEST SELF

If you've been eating, drinking, and making a little too merry, have we got the cure for you! Break out of your post-holiday stupor with our annual Whole Living Action Plan, a 28-day jump-start on a year of total mind-body wellness.

BY ELIZABETH BARKER, SARAH BOWEN SHEA & TERRI TRESPICIO

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I SAVED MY OWN LIFE

When a health problem issues a wake-up call, we do just that: wake up. Here's how three women overcame health challenges and reset their paths to wellness.

BY DENISE MAHER

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COZYING UP

Coming home in the wintertime should feel like one giant restorative hug, with warmth and comfort surrounding you on all sides. Here are 13 easy ways to turn your house into a blissfully snug haven.

BY SARAH ENGLER

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LIVING FEARLESSLY

A transformation coach, a Harvard researcher, and one of the bravest women we know on why you shouldn't let anything stop you from taking the plunge.

BY JENNIFER GOODMAN LINN & ROBIN FISHER ROFFER

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THE CURE FOR THIRSTY SKIN

With these soothing strategies, winter doesn't have to be a season of discontent.

BY OLESSA PINDAK

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Books on love, compassion, and finding both on a yoga mat.

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Stash these holistic remedies with your drugstore standbys for a modern heal-better, feel-better fix-it kit.



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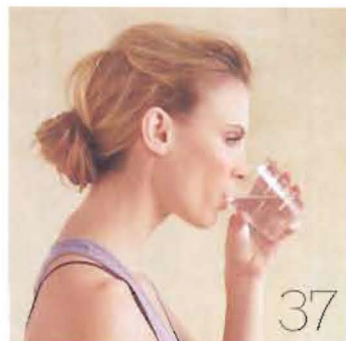
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Nervous about home hair coloring? Fear not. Simple techniques and advanced technologies make it easy to take matters into your own hands.

NOURISH

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Three inventive ways to use this satisfyingly sweet citrus fruit.
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Surprise! Some of nature's most nutrient-dense foods are in season all winter.



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You and your partner are probably having the same fight over and over. And that, says one therapist, is what brought you together in the first place.
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